

ABSTRACT OF THE DISCLOSURE

The present invention relates to a method for controlling recording optical power. When a recording operation is paused, a playback signal characteristic for recorded data is detected. The
5 recording optical power is controlled based upon the detected playback signal characteristic and hence the recording operation is resumed at the controlled recording optical power. Therefore, even though a characteristic of an optical pickup or disc varies when the recording operation is paused and resumed, an optimum
10 recording operation can be performed and a playback characteristic for recorded data can be improved.